



ORIGINAL RESEARCH PAPER

Ayurveda

VICHARCHIKA- A CLINICAL STUDY

KEY WORDS: Vicharchika, Kushtha, Kshudhra Roga

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ABSTRACT

Vicharchika which is one of the common skin diseases, is most prevalent among masses whether rural or Urban. A critical peep with regard to this into the various Ayurvedic Classics reveals that, the various kushtha rogas (including Vicharchika) were known to ancients of remote antiquity. Though all Ayurvedic classics have described eighteen varieties of Kushthas dividing into two main groups viz. Mahakushthas and Kshudra Kushthas, but they differ in nomenclature, order, description, doshas involved and prognosis etc. In Ayurveda all skin disorders have been classified mainly into two groups viz. Mahakushthas and Kshudra Kushthas, Vicharchika has been described under Kshudra Kushthas (Cha.Nid.Chap.5.shloka. 4), Vicharchika, which is one of the common skin diseases is most prevalent among masses both rural and urban. It is most baneful, obstinate and highly troublesome disease.

INTRODUCTION

In Ayurveda "Kushtha" is defined as "KushnateetiKushtham" the disease which destroys the effected part of the body (skin) is called Kushtha (Cha.Chi.Chap.7,Shloka.3). 'Being a variety of Kushtha, Vicharchika also destroys affected part of the skin. The word Kushtha is derived from the root Kusha means that which comes out from the inner part of the body to the outer part. (Ayu, Vya. Vig. 2nd part, P.No. 249, Chap. 13). When the three vitiated doshas provoke the four body elements (viz. Twak, Mamsa, Rakta & Ambu) and if this derangement of these seven dravyas not cured a disease is formed inside the body manifests itself on the skin and, which is called "Kushtham" (Mad.Nid.Chap.as)". According to Sushruta. uncured Kushtha raga is the most painful and most troublesome of all diseases because it causes constant trouble. (Sus.Nid.Chap.V Shlokas 23-44). Kushtharogas are said to be infectious except the Shvitra (Leukoderma) that is why Shvitra has not been included in the varieties of Kushtharoga (Cha. Chi. P.No.248)¹. According to Ayurvedic classics Vicharchika can be classified into two varieties. 1. Shushka (Dry) Vicharchika. 2. Ardra (Wet) Vicharchika. Signs And Symptoms: According to Charaka the skin in 121 Vicharchika is profusely weeping with dark eruptions, and itching (Cha.Chi. Chap.7, Shloka 25).¹ But Sushruta explains that when in the hands and feet etc. linear rough lesions with intense itching and pain starts, the disease is named Vicharchika that involves raktadushti.

CASE STUDY

A female patient of 37 years age, came with the complaints of intense itching, cracks, Burning sensation and discharge from the lesions on palmer and dorsal surface of righthand for the last six months. Patient had been taking allopathic medicine but there was no satisfying respite from the problem. Patient gave the history of working in the farms and taking care of domestic animal i.e. buffalo.

Patient was of kaph-pittaj prakriti, madhyama satva, madhyama sara, madhyama sahanan, sampraman, vyamishra satmaya, madhyama aharashakti evam jaranshakti, madhyama vyayam shakti evam and madhyamavaya.

So on the basis of history, presentation and examination, patient was diagnosed as a patient of vicharchika and following chikitsa was planned.

Patient was kept on following treatment for 3 months with the followup every 15 days-

DISCUSSION

Skin problems are very distressing for the patients. These problems are chronic, take time to recover and relapses are also common. Having all these facts in mind above treatment protocol was decided for the patient.

Arogyavardhini vati contains kutki, shilajeet, Chitrak, shudh guggulu, trikatu, parad, gandhak, tamra bhasma, lauha bhasma, abhrak bhasma. The drug has been mentioned in Rasaratnasamucchaya in the context of Kustha (skin disorder)². The meaning of the term Arogyavardhani indicates which can destroy all the diseases and promotes health. Rasaratnasamucchaya mentioned that Arogyavardhini vati as Sarvarogaprashamani (can specify all type of disorders)³. This traditional formulation of Ayurveda is using for centuries with claimed efficacy and safety in treatment of jaundice and other liver and skin disorders⁴. It is used for leprosy, fever, oedema, obesity, jaundice and other hepatic disorders.

Gandhak Rasayan It is a Herbomineral formulation. It is having ingredients like - Shudh Gandhka, with Bhavana of Different Kwath, Swaras etc. Example - Guduchi Swaras, Godugadh, Aadraaka Swaras etc. it is indicated in Kustha Vyadhi⁵. It is having Anti fungal Activity⁶ It is used in the treatment of Skin Diseases Itching on the lesion. It is also useful in bleeding disorder It Effects on Tridosh i.e. Vata Pitta and Kapha. It act as anti bacterial anti Viral, anti pruritic and anti inflammatory agent. it is a very good blood purifier.

Triphala ghruta was advised for nitya virechana as virechana is the best treatment for the removal of vikrita dosha specifically pitta dosha. in Ayurveda Ghruta is mentioned as the best pittashamak.

Ointment Bactimo acts as a bactericidal, antiallergic, anti-inflammatory and antipruritic. Ointment chiroplex works as emollient which prevents skin from drying and gives relief in itching.

S.no	Name of Medicine	Dose and Duration
1.	Tab Arogyavardhini vati	2BD for 15 days with warm water
2.	Tab Gandhak Rasayan	2BD for 15 days with warm water
3.	Triphalaghrita	twotw with milk empty stomach in the morning
4.	Ointment Bactimo (vital care company)	For local application three times a day
5.	Ointment Chiroplex (Himalaya company)	For local application as a moisturizing agent (after washing hands)

With all above properties , patient responded very well and continuously put on same treatment for three months.

Fig1. Before Treatment



Fig2. After Treatment



CONCLUSION

Disease Vicharchika can be managed successfully with Ayurveda and need to be studied in more number of patients.

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